



March 31, 2023

School News

Sequim Middle School

Office Hours: 7:00-3:30 p.m.

Main Office 360-582-3500 Attendance 360-582-3503

**HOME OF THE
TIMBERWOLVES**

What do I need to know before the week starts: 4/10-4/14

Part 7 "Middle School Matters" - Phyllis Fagelli – Dealing with Bullying

Key Skills Impacted: 1- Make good friend choices, 2-Negotiate conflict, 6-Self-Advocate 7-Self-Regulate emotions

Top Tips for Parents:

- Never promise your child you won't tell-they need you as their advocate.
- Don't interview for pain, and try to manage your own anxiety.
- Document everything and understand your schools bullying policies. There may be forms to complete. Work with the school.
- Find peer interaction situations that play to your child's strengths.
- Brainstorm a list of real and imaginary advisors your child can consult in difficult situations.
- Highlight celebrities that talk openly about being bullied.
- Have kids list their idiosyncrasies and the upside of each trait.
- Show how body language can establish boundaries. Identify problems spots, whether it's the cafeteria or online. Help them to choose a song lyric or personal mantra they can repeat to avoid ruminating, such as, "I don't deserve to be treated like this."
- Don't assume your aggressive child is fine because they have lots of friends. Kids who bully pay a price too.
- Intervene whenever you overhear kids planning to do something mean or talking negatively about a classmate.

Conversations Starters:

- "I can't ignore what's happening to you but we can figure it out together. What would you like me to say to your school?"
- "When and where do you feel unsafe at school?"
- "Let's come up with some strategies for when you can't avoid that person who's giving you trouble."
- "I know you feel bad about this part of yourself, but here's why I think it's a strength in disguise."

Sports:

4/10: Track begins

4/10-4/14: SHS cheer tryouts (8th graders), 3:30-5:30, SHS Auxiliary gym, see [flyer](#) for more info

Logistics:

4/13: Strategic Planning, 6-7:30, Guy Cole Center

CLUBS:

Mon: HOSA– Future Health Professionals, 2:45

Mon: Gamer Girls, 2:45-4:00

Tue: Timberwolves Thunder Drumline, 2:45-4:00

Tue: Art Club, 2:45-3:45

Tue: Tea with Taylor, 2:45-3:45

Wed: Hiking Club, 2:45-4:00

Wed: Woodwind & Brass Club, 2:45-4:00

Wed: NASA Science Club, 3:00-4:00

Thurs: Fly Fishing Club, 2:45-4:00

Thurs: Sequim Thunder Drumline (Advanced), 2:45-4:00

Thurs: Dungeons and Dragons Club

Thurs: TSA e-sports, 2:45-4:00

Next Week 4/17-4/21...

Logistics:

4/17: 8th Grade Welcome Assembly, 9:30AM, SHS Auditorium

4/17: 8th Grade Parent Night, 6PM, SHS Cafeteria

4/18: HIV/AIDS Education in PE classes

4/18: Term 3 ends

A week or more out...

Sports:

4/26: Track meet @ Stevens

5/3: Track meet @ Blue Heron

Logistics:

4/24: 8th grade computer registration, 9:15AM, SMS Cafeteria

5/2: SBA Testing

5/2: K-12 District Choral Concert, OPA Gym

5/4: SBA Testing

5/11: Strategic Planning, 6-7:30, Guy Cole Center

5/12: Snow make up day—**NO SCHOOL**



Growing Expert Learners ʔiʔánəŋct st! (We learn together!)

Current SMS 8th Graders will begin high school registration in April. Below are upcoming dates to remember in regard to 8th Grade Class registration:

April 17th: SHS Registration information will be distributed to all current 8th grade students in their Wolfpack class. On this day, all 8th graders will go to the High School Auditorium for an 8th Grade Registration Assembly put on by High School Administrators and Counselors. Please look for this registration packet and review the information with your student.

April 17th: 8th Grade Parent Night at the High School Cafeteria. During this meeting, high school administration and counselors will give 8th graders an introduction to high school and what to expect and go over registration and high school graduation requirements.

April 24th: Skyward Registration: Student's will register for courses during their Wolfpack class with SHS Counselors and make their course selections in Skyward.

Ready- Set-Go 5210!

A Countywide Initiative to combat obesity by promoting access to healthy foods & physical activity!

Take the CHALLENGE, change your habits, encourage your friends.

Healthy habits start at home and take time to develop. Use these tips to help you and your family adopt healthier habits.

Aim for 5 or more servings of fruits and vegetables per day! - Fruits and vegetables are the basis of a healthy eating plan. To help get more servings have a fruit or veggie with every meal or snack.

Shoot for less than 2 hours of recreational screen time per day! - TV, Internet, smartphones and video games are all fighting for your attention. Unplug and do something else. Keep TVs, computers and smart phones out of bedrooms.

Try for at least 1 hour of physical activity per day! - Get moving! Being active is important to keeping your body healthy. How can you move more?

Aim for 0 sweetened beverages per day! - Think before you drink! Sugary drinks can lead to excess weight and other health problems. Soda has no nutritional value and a 20-ounce bottle has 15 teaspoons of sugar!
Drink Water!

[Wellness Program - Sequim School District \(sequimschools.org\)](http://sequimschools.org)

Visit us for news about what staff around the District are doing to promote Health and Wellness. Find educational, school and community resources for your family!



Helen Haller Elementary PTO

SPRING PLANT SALE

ORDER BY APRIL 12TH



ORDER NOW

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